

INSPIRED BY FITNESS

INSPIRE TO DO MORE, TO BE MORE, TO ACHIEVE MORE!



March/April 2022 Newsletter

QUICK FIT TIP

Work on improving your posture.

In order to get the best results from your workout, it's important that you maintain a good posture.

A bad postural habit can lead not only to less gains but also more injuries.

Good posture refers to being mindful of how we stand while working out and ensuring our spine remains in its natural curves which will help us achieve maximum effectiveness with each move.



INSPIRED INSIDER

Has the COVID-19 pandemic put you in a workout slump? If your fitness habits aren't what they used to be, rest assured, you're in good company. Whenever there is a disruption in your normal day-to-day routine, the things that seem to get compromised are the things that don't make you money or don't take care of your family. Frequently, your own personal fitness is one of the things that gets left to the wayside.

Here are seven tips that may help to get you back on track.

1. Set goals and a timeline.
2. Hold yourself accountable.
3. Ease back into exercise.
4. Break up your workout into smaller bouts.
5. Make your workouts social.
6. Get outside.
7. Be your own cheerleader.

Physical activity can be a great antidote for lifting your mood and easing depression, anxiety and stress!

*Product orders for this session go in on
Friday, March 11th & Friday, April 8th.*

GET BACK INTO a FITNESS GROOVE WITH OUR ONLINE MOMMY & ME FITNESS CLASSES VIA ZOOM

We are committed to still bringing you our amazing Mommy & Me classes in a safe, fun and healthy way. Moms can now work out in the comfort of their own home with baby participating, watching or in their carrier during nap time at our **Mommy & Me Online Fitness Classes via Zoom!**

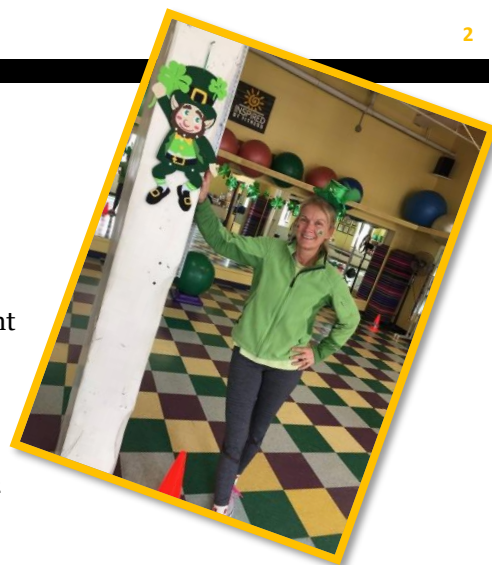
These classes will lay the foundation to be your strongest and healthiest self. You'll feel happier, which will make everything about being a new mom easier! You can expect a great workout consisting of cardio, muscular endurance, postnatal-specific core work and flexibility. Led by Personal Training Specialist, Sarah Seddon (also a mother of three), this workshop is a fantastic opportunity to enjoy the same feeling of community through fitness right in your own home.

This eight-week workshop will begin on **Wednesday, March 2nd from 11:00 to 11:40 am.**

FIND YOUR POT OF GOLD AT INSPIRED

We want to share the luck of the Irish with you at our **St. Patrick's Day Sale!** We are thrilled to offer a 25% discount on our Inspired FRIEND 20-class pass and/or a 10% discount on our Training Sessions (Personal/Group/Online). This is our biggest sale for classes and training sessions, so don't wait if you want to enjoy some great savings!

This sale will be held for one day only – **Thursday, March 17th**. Visit our [WellnessLiving](#) site to purchase using these discount codes: STPATSFRIEND22 (Inspired FRIEND 20-class pass) and/or STPATSTRAIN22 (training sessions).



INSPIRE TO BE BRIGHT AT INSPIRED BY COLOUR WEEK

Celebrate health, fitness and life by wearing your bright colours to the studio for **Inspired by Colour Week!** It's also an opportunity for us to raise some much-needed funds and awareness for a great cause.

Once again, we will be raising funds for the Stratford Perth Rotary Hospice.

- Every donation made to the Hospice will gain you an entry for a fabulous door prize.
- Spread your donation out over the week to increase your chances of winning!
- We will also be donating all Inspired ACCESS drop-in fees and Inspired EXPRESS pass fees that week to the Hospice.

This week-long fundraising event will be held from **Monday, April 18th to Saturday, April 23rd**.

EASE SORE MUSCLES & IMPROVE MOBILITY WITH THE FOAM ROLLING CHALLENGE

Get your body back in check after a strenuous workout with the **Foam Rolling 5-Day Challenge**. Don't let chronic muscle pain and body aches stand in the way of your fitness goals. Foam rolling is a myofascial release technique that can improve recovery process by decreasing the effects of muscle soreness and post-exercise muscle performance.

Get rolling alongside Personal Training Specialist, Sherry Kresky-Wilson, with routines to help your body recover faster. Increase your range of motion, release tense muscles and flush out lactic acid that builds up during workouts.

This FREE 5-day challenge will be held from **Monday, April 25th to Friday, April 29th**. Join on [Facebook](#) or [Instagram](#).



PUMP IT UP AT ADVANCED WEIGHT TRAINING

For our advanced fitness enthusiasts, there are few things that provide more inspiration than increasing their major lifts by roughly 25%! Our **Advanced Weight Training** workshop will push you to move more weight and put in the work.

This workshop is divided into three phases which provide a different focus to keep the gains coming. Expect to work all of your major muscle groups in a controlled, safe and fun environment while developing the ability to listen to your body and measure its progress.

This nine-week workshop, led by Sherry Kresky-Wilson, begins on **Friday, April 29th from 5:15 to 6:15 pm**.

ST. PATRICK'S GREEN DAY

Shake your shamrocks with us on **Thursday, March 17th** for St. Patrick's Green Day!

Put on some kelly green and jig your way into the studio for some lucky classes:

- ☘ 6:00 am – Weights
- ☘ 9:15 am – Yoga
- ☘ 10:00 am – LIBB Circuit
- ☘ 10:45 am – LIBB Zumba Light
- ☘ 12:15 pm – Spin
- ☘ 5:15 pm – Body Sculpt
- ☘ 6:00 pm – Bounce
- ☘ 7:00 pm – Weights

The studio will be **closed** for all class programming on the following dates:

Friday, April 15th for Good Friday
Saturday, April 16th for Easter Break

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SPINACH & CHARRED RADICCHIO SALAD



Ingredients:

- 2 cups spinach
- 1 whole radicchio cut into 6 (save 2 pieces raw and chopped for salad)
- Handful of sprouts
- 1/2 cup pumpkin seeds, roasted
- 1/3 cup fresh pomegranate seeds
- 1 tablespoon coconut oil (for searing radicchio)

Dressing:

- Organic olive oil
- 1/2 lemon, juiced
- 1 tablespoon honey
- Salt and pepper to taste

Directions:

1. Using a cast iron skillet, sear the radicchio on each side until golden brown. Lightly salt and pepper. Set aside to cool.
2. In a large serving bowl, add in sprouts, spinach, raw radicchio and pomegranate seeds. In a separate bowl, add in all ingredients for the dressing and mix well. Set aside.
3. Chop the seared radicchio and add into the bowl. Also add in the pumpkin seeds.
4. When ready to serve, add the dressing and toss evenly.

Source:

Shayna's Kitchen